



The Outdoor Sports Facilities at the Education Park of Faculty of Teacher and Education Sriwijawa University

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Abstract

The importance of physical fitness cannot be overstated as it is essential for daily activities and overall well-being. Sports science contributes significantly to this field by advancing training methods, managing competition effectively, and utilizing advanced instruments to measure athletic ability. These developments in sports science play an important role in optimizing performance and achieving fitness goals. This research aims to provide facilities and infrastructure as well as sports facilities that function as important infrastructure in supporting the success of sports education and facilitating student achievement and as an effective tool for assessing the physical fitness of Physical Education students and the wider university community. This research uses a quantitative descriptive approach with a focus on Physical Education students in 2022 as respondents. Research results: This facility is specifically designed to carry out various physical fitness tests for students, lecturers and staff, providing a structured environment to assess and improve fitness levels at the Faculty of Teacher Training and Education, Sriwijawa University to lead a healthier life. In conclusion, the integration of physical education, sports science, and dedicated sports facilities underscores a comprehensive approach to fostering physical fitness, skill development, and overall well-being among students and university members at the Faculty of Teacher Training and Education, Sriwijawa University.

How to Cite

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INTRODUCTION

Physical education is widely recognized as integral to the holistic development of students, encompassing physical, mental, emotional, and social growth through structured learning and physical activities. At Faculty of Teacher Training and Education, the integration of comprehensive physical fitness assessment within its Physical Education, Health, and Recreation Education Program underscores its significance in enhancing educational outcomes. This approach draws from scholarly perspectives that emphasize the multifaceted benefits of physical education, as articulated by researchers such as Iyakrus, (2018) and Usra, (2012).

Iyakrus (2018: 169) asserts that physical education serves as a pivotal tool in achieving educational objectives by engaging students in activities that impact bodily functions, neuromuscular capabilities, and various dimensions of intellectual, social, cultural, emotional, and ethical development. Usra (2012: 16) further posits that physical education not only imparts knowledge of rules and principles but also facilitates positive transformations across an individual's well-being.

Becoming a proficient physical education teacher entails a nuanced understanding of physical fitness, particularly within outdoor sports contexts. Faculty of Teacher and Education Sriwijaya University's Educational Park provides an ideal environment for practical learning experiences, offering fields, tracks, and other amenities conducive to implementing fitness assessments. These assessments are crucial components of the Physical Education program, aiming not only to gauge students' physical capabilities but also to enhance their adaptability to outdoor environments, preparing them comprehensively for future roles as educators.

Research conducted by Hartati et al. (2019) underscores the importance of testing and measurement in both educational and sporting contexts. This reinforces the value of integrating physical fitness evaluations as integral components of teaching and learning processes. By utilizing outdoor fitness tests within the curriculum, Faculty of Teacher and Education Sriwijaya University's aims to enrich assessment methodologies, thereby elevating the quality of physical education at the university level.

The Faculty of Teacher and Education Sriwijaya University's Educational Park serves as an exceptional backdrop for these assessments, facilitating a holistic approach to

physical education that integrates theoretical knowledge with practical applications. This research endeavors to explore the advantages and potentials of utilizing the park's facilities for physical fitness testing, thereby enriching assessment methodologies and elevating the quality of physical education at the university level.

In conclusion, this study seeks to elucidate how the Faculty of Teacher and Education Sriwijaya University's Educational Park can be leveraged to enhance physical fitness assessments for students pursuing careers in Physical Education, Health, and Recreation. By examining the integration of outdoor sports facilities into the assessment framework, this research aims to contribute to the advancement of pedagogical practices within the field, fostering a deeper understanding of physical fitness and its implications for educational outcomes.

Through comprehensive exploration and analysis, this research endeavors to offer insights into optimizing the use of outdoor environments for physical education, thereby enriching the educational experiences of Faculty of Teacher and Education Sriwijaya University's students and preparing them effectively for professional roles in the field of Physical Education, Health, and Recreation Education.

The integration of comprehensive physical fitness assessment within the Physical Education, Health, and Recreation Education Program at Faculty of Teacher and Education Sriwijaya University's is guided by scholarly perspectives that highlight the multifaceted benefits of physical education. According to Iyakrus, (2018), physical education serves as a tool to achieve educational objectives by engaging students in activities that impact bodily functions, neuromuscular capabilities, and intellectual, social, cultural, emotional, and ethical dimensions. This holistic approach is further supported by Usra (2012), who posits that physical education not only imparts knowledge of rules and principles but also facilitates positive transformations across various facets of an individual's well-being.

To become proficient physical education teachers, students must develop a nuanced understanding of physical fitness, particularly in outdoor sports contexts. The facilities available at Faculty of Teacher and Education Sriwijaya University's Educational Park provide a conducive environment for implementing practical learning experiences, utilizing fields, tracks, and other amenities for fitness assessments. These assessments are integral

components of the Physical Education program, designed not only to evaluate students' physical capabilities but also to enhance their adaptability to open environments, thereby preparing them comprehensively for future roles as educators.

Recent research by Hartati et al. (2019) emphasizes the importance of testing and measurement in educational and sporting contexts, highlighting the value of incorporating physical fitness evaluations into teaching and learning processes. By integrating outdoor fitness tests into the curriculum, Faculty of Teacher and Education Sriwijaya University's aims to enrich assessment methodologies, ultimately enhancing the quality of physical education at the university level.

The Faculty of Teacher and Education Sriwijaya University's Educational Park serves as an ideal setting for these assessments, promoting a holistic approach to physical education that merges theoretical knowledge with practical applications. This research aims to explore the advantages and potential of utilizing the park's facilities for physical fitness testing, thereby advancing assessment methodologies and raising the standard of physical education within the university.

In conclusion, this study seeks to demonstrate how the Faculty of Teacher and Education Sriwijaya University Educational Park can enhance physical fitness assessments for students pursuing careers in Physical Education, Health, and Recreation. By examining the integration of outdoor sports facilities into the assessment framework, this research contributes to the evolution of pedagogical practices in the field, fostering a deeper understanding of physical fitness and its implications for educational outcomes.

Through comprehensive exploration and analysis, this research aims to provide insights into optimizing the use of outdoor environments for physical education, enriching the educational experiences of Faculty of Teacher and Education Sriwijaya University's students and effectively preparing them for professional roles in Physical Education, Health, and Recreation Education.

METHOD

This research initiative constitutes a community service project within the campus environment, employing a competitive research framework as outlined by Arikunto, (2012). Spanning a duration of one year, the study will be conducted at the Firdaus Faculty of Teacher and Education

Sriwijaya University Indralaya educational park. The primary focus involves in-depth investigation among 6th-semester students enrolled in the Physical Education and Health program in 2022. Students will undergo comprehensive guidance followed by practical application under the supervision of multiple lecturers.

The research methodology encompasses several key phases. Initially, participants will be selected from the targeted cohort of 6th-semester students in the Physical Education and Health program at Faculty of Teacher and Education Sriwijaya University. These students will receive detailed instructions on the objectives, methodologies, and expected outcomes of the research project. The study will then proceed with the implementation phase, where students will actively engage in direct practice sessions within the educational park.

Throughout the research period, students will benefit from ongoing assistance and mentoring provided by experienced lecturers specializing in physical education and related fields. This support aims to ensure the proper execution of research protocols and the attainment of meaningful results. The research activities will include structured assessments and evaluations designed to measure various aspects of physical fitness, utilizing the facilities available at the Faculty of Teacher and Education Sriwijaya University Indralaya educational park.

The educational park at Faculty of Teacher and Education Sriwijaya University Indralaya offers an ideal setting for conducting these .

RESULTS AND DISCUSSION

Initial coordination has been successfully conducted with relevant faculty leaders to establish outdoor facilities within the Education Park of Faculty of Teacher and Education. The approved location is the multipurpose building at Faculty of Teacher and Education Indralaya. Sports facilities and infrastructure are tools and structures designed according to specific requirements to facilitate particular sports activities (Mulyo et al., 2014). In Law Number 3 of 2005 concerning the National Sports System, the definition of facilities and infrastructure is quite similar, where they encompass spaces or environments and equipment used for sports activities. These terms are often used interchangeably as they fundamentally constitute an inseparable unit serving as sports facilities. Currently, several facilities essential for enhancing physical activities across various sports disciplines for Physical Education students are in

the procurement phase. Existing facilities include a running track, zigzag running track, push-up area, sit-up area, pull-up bar, vertical jump area, and ball-throwing area. The required outputs are as follows:

1. Mandatory Research Output: Production of student theses (Skripsi) and publication in a recognized Sports Journal (Sinta 2).
2. Sriwijaya University Learning and Education International Conference Seminar: Presentation of findings and insights at a prestigious academic forum.
3. Additional Research Output: Development of draft teaching materials for the Test and Measurement course.

All outputs must be completed and documented in SIMNG LPPM, where evidence documents can be uploaded under the Research Output section.



Figure 1. Sports Facility Zone

The enthusiasm within the campus community for the sports facilities and infrastructure at Faculty of Teacher and Education Sriwijaya University's multipurpose building (GSG) reflects a strong motivation among students and faculty to utilize these resources for enhancing physical fitness. According to Irawan (2017: 91) To foster a culture of physical activity as an integral part of life, irrespective of age, religion, or caste within the university environment, it would be beneficial to enhance support with adequate sports facilities and infrastructure. These facilities and amenities are necessary to meet the needs of the academic community, serving as a platform to "Promote Sports in Society and Engage Society in Sports." This initiative underscores Faculty of Teacher and Education Sriwijaya University's commitment to promoting a culture of physical activity and sports engagement among its members. The research conducted thus far has been diligently pursued, although it has encountered several challenges and limitations along the way. These challenges have served as learning oppor-

tunities and have prompted strategic adjustments to ensure the research progresses effectively.

Challenges Encountered:

Delayed Construction of Physical Education and Health Laboratory: One significant challenge has been the delay in constructing the Physical Education and Health laboratory, initially scheduled to commence in 2023. This delay has impacted the planned timeline for the research activities. To address this, it is recommended that the dean of Faculty of Teacher and Education Sriwijaya University, in collaboration with the program head of Physical Education, considers relocating the construction site adjacent to the Multipurpose Building (GSG) at Faculty of Teacher and Education Sriwijaya University Indralaya, near the volleyball field. This strategic relocation would optimize the use of existing facilities and streamline access for students and researchers involved in physical fitness assessments and related studies.

Lack of Control Over Thesis Subjects: Another challenge arose due to the unavailability of students assigned as thesis subjects, as the principal investigator was away performing Hajj. Efforts are underway to manage and coordinate these challenges to ensure adherence to the research schedule and contractual obligations. This involves effective communication and contingency planning to maintain research momentum and meet project milestones.

Next Stages of Research:

Facilities Completion in Education Park, Faculty of Teacher and Education Sriwijaya University: The next phase involves closely coordinating with Faculty of Teacher and Education leadership to expedite the completion of facilities within the Education Park at Faculty of Teacher and Education Sriwijaya University. Specifically, efforts will focus on acquiring and installing Physical Education Fitness Test Equipment tailored for Physical Education students. These facilities are crucial for conducting comprehensive physical fitness assessments and enhancing the practical learning experiences of students.

Physical Test Trials in Outdoor Laboratory: Following the completion of facilities, the research will proceed with physical test trials in the outdoor laboratory. These trials will be compared with previous indoor trials to evaluate the effectiveness and practicality of conducting physical fitness assessments outdoors. This comparative analysis aims to validate the benefits and challenges associated with outdoor testing environments.

Comprehensive Physical Test Trials Across

Sports Branches: The physical test trials will encompass eight sports branches: soccer, volleyball, basketball, handball, pencak silat, karate, athletics, and badminton. Each sports branch will undergo tailored physical tests designed to measure specific aspects of physical fitness relevant to the sport. For instance, in volleyball, assessments may include arm strength, abdominal muscle strength, leg strength, agility, and reaction response agility. These tests are integral to assessing and enhancing the athletic capabilities and performance potential of participants.

Focus on Volleyball Physical Test Assessments: Within the volleyball sports branch, detailed assessments will be conducted to evaluate key physical attributes essential for optimal performance. These assessments may include:

- **Arm Strength:** Measurement of strength and endurance in the upper limbs, crucial for spiking and blocking in volleyball.
- **Abdominal Muscle Strength:** Evaluation of core strength, essential for stability and power generation during movements.
- **Leg Strength:** Assessment of lower body strength, including explosive power for jumps and quick directional changes.
- **Agility:** Testing speed and agility in changing direction and reacting to stimuli, fundamental for defensive maneuvers.
- **Reaction Response Agility:** Assessing reaction time and ability to respond quickly to stimuli, vital for effective play execution.

These physical tests will be conducted using standardized protocols and equipment, ensuring consistency and reliability in data collection. The results will provide valuable insights into the physical fitness profiles of participants within the volleyball sports branch, contributing to a deeper understanding of training needs and performance optimization strategies. These facilities serve as essential tools for conducting physical fitness tests and have been instrumental in improving overall fitness levels among the student population.

The facilities and infrastructure available include a variety of amenities designed to cater to different aspects of physical fitness:

1. **Running Track:** A dedicated track for running activities, essential for assessing cardiovascular endurance and speed.
2. **Zigzag Running Track:** Designed to simulate agility and quick directional changes, crucial for sports requiring dynamic movement patterns.
3. **Push-Up Area:** Provides a space for students to perform upper body strength exercises, en-

hancing muscle strength and endurance in the arms, chest, and shoulders.

4. **Sit-Up Area:** Facilitates abdominal muscle strengthening exercises, crucial for core stability and overall body strength.
5. **Pull-Up Bar:** Allows students to engage in exercises targeting upper body strength, particularly the back, shoulders, and arms.
6. **Vertical Jump Area:** Used for assessing explosive power and lower body strength, important for sports that involve jumping and leaping movements.
7. **Ball-Throwing Area:** Provides a designated space for practicing throwing and catching skills, improving hand-eye coordination and accuracy in ball sports.

These facilities are accessible to students, staff, and lecturers alike, fostering a community-wide engagement in physical activities and promoting a culture of fitness within the academic environment. By utilizing these resources, students not only undergo structured physical fitness assessments but also have opportunities to enhance their athletic abilities and overall health.

The availability of such comprehensive sports facilities at Taman Firdaus Faculty of Teacher and Education Sriwijaya University underscores the institution's commitment to providing a conducive environment for holistic development through physical education. These facilities serve not only as practical tools for educational purposes but also as platforms for promoting active lifestyles and lifelong fitness habits among the university community. According to Gunawan et al., (2021), sports facilities and infrastructure are crucial elements in sports development, both in fostering athletic achievements and promoting recreational sports in society. There is a positive correlation between the availability of sports facilities and infrastructure and healthy lifestyle behaviors. Sports facilities also significantly impact physical fitness. Community participation in sports and recreational activities has positive effects on promoting a healthy life balance and can contribute to broader economic development. Without adequate sports facilities and infrastructure, it is challenging to cultivate athletes capable of achieving international success, especially in the increasingly competitive field of sports science. Furthermore, insufficient facilities make it difficult to encourage a population that enjoys participating in sports, thereby hindering the development of a healthy and active generation.

In conclusion, the research highlights the positive impact of well-equipped sports facilities on the physical fitness and well-being of students

in the Physical Education Study Program at Faculty of Teacher and Education Sriwijaya University. Moving forward, continued investment and maintenance of these facilities are crucial in sustaining and further enhancing the educational and health benefits they provide to all stakeholders within the university setting. Based on the research conducted at Taman Firdaus Faculty of Teacher and Education Sriwijaya University, it has been established that the sports facilities and infrastructure provided have significantly enhanced the physical fitness of students in the Physical Education Study Program. These facilities, including the running track, zigzag running track, push-up area, sit-up area, pull-up bar, vertical jump area, and catch ball throwing area, have proven instrumental in improving various aspects of students' physical abilities.

The running track serves as a focal point for cardiovascular fitness assessment and improvement, allowing students to engage in structured running activities to enhance endurance and speed. The zigzag running track complements this by focusing on agility and quick directional changes, essential for sports requiring dynamic movements.

Strength training areas such as the push-up and sit-up zones provide opportunities for students to develop upper body and core strength, crucial for overall physical conditioning. The pull-up bar further enhances upper body strength and muscle endurance. Meanwhile, the vertical jump area enables students to measure and improve their lower body explosive power, critical for sports involving jumping and leaping.

The catch ball throwing area enhances hand-eye coordination, accuracy, and reaction time, vital skills for various ball sports. Importantly, these facilities are accessible to students, staff, and lecturers alike, fostering a culture of physical activity and fitness within the university community.

CONCLUSION

In conclusion, the comprehensive sports facilities at Taman Firdaus Faculty of Teacher and Education Sriwijaya University not only support physical fitness assessments but also promote overall health and well-being among students. By providing diverse opportunities for physical activities and training, these facilities play a pivotal role in preparing students for professional careers in Physical Education and related fields while fostering a healthy and active campus environment.

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